

AQUATICS

Water Fitness

Monday/Wednesday/Friday

7:30-8:30am Hydromania
8:30-9:30am Hydromania
7:15-8:15am Deep Water Fitness
8:15-9:15am Deep Water Fitness

Monday/Wednesday
Adult Stroke Clinic
1:00pm-2:00pm

Tuesday/Thursday

7:00-8:00pm Hydromania
8:00-9:00am Deep Hydromania
9:00-10:00am Deep Water Fitness
10:00-11:00am Deep Water Fitness
1:00-2:00pm Deep Water Fitness
7:00-8:00pm Deep Water Fitness
9:45-10:45am Easy Does It
1:00-2:00pm Easy Does It
2:00-3:00pm Easy Does It
3:00-4:00pm Easy Does It
9:00-9:45am Arthritis Foundation
2:00-3:00pm Deep Water Running

Saturday

9:00-10:00am Deep Water Fitness
10:00-11:00am Deep Water Fitness



To register online go to www.parkandrec.com and utilize eparks 2.0, or come to the recreation center at 2219 Tyvola Road, Charlotte, NC. 980.314.1300

Swim Lessons

Starfish Swim School Preschool
White/Yellow

Monday/Wednesday

6:20pm-6:50pm
6:55pm-7:25pm

Starfish Swim School Preschool
Blue/Green

5:45pm-6:15pm

Starfish Swim School Elementary

6:35pm-7:20pm

Starfish Swim School Teen Adult Beg

7:30pm-8:15pm

Starfish Stroke School Teen Adult Adv

7:25pm-8:10pm

Tuesday/Thursday

Starfish Swim School

White/Yellow

4:45pm-5:15pm

5:20pm-5:5pm

5:55pm-6:25pm

Starfish Swim School Preschool

Blue/Green

6:30pm-7:00pm

Starfish Swim School Elementary

5:20pm-6:05pm

6:10pm-6:50pm

Saturday

Starbabies/Startots

9:50-10:20 am

10:25-10:55am

11:00-11:30am

Starfish Swim School Preschool

White/Green

8:00am-9:25am

9:30am-10:00am

Starfish Swim School Elementary

Blue/Green

10:10pm-10:50pm

Starfish Swim School Elementary

9:00am-9:45am

10:40am-11:25

12:25-1:10pm

8:10am-8:55 White-Red

11:35pm-12:20pm Intermediate Adv.

11:30pm-12:15pm

Starfish Swim School Teen Adult Beg

7:30pm-8:15pm

Starfish Stroke School Teen Adult Adv

7:25pm-8:10pm



February



Marion Diehl Recreations Center is located in the South Park-Madison Park area, providing activities for everyone; aquatics, sports, fitness, educational programs and diverse therapeutic recreation programming.

Featured Programs:

Chair Aerobics	Thur/10-11am
Adult Stroke Clinic	Mon/Wed 1-2pm
Jumpin Jack and Jill's	Mon/ 4pm-5pm
Moderate Motivation Interval Training	Mon 11:15am-12
MMIT	Wed 6:00-7:00
Small Group Exercise	Thu 6:15-7pm
Parent's Night Out	Fri Feb 9 5pm-8pm
Free 6 Week Diabetes Workshop	Starting Feb 7 -Wed 10:00am-12pm
FAD (Fundamental Athletic Training)	Schedule with our basketball staff

Open for Registration:

Youth Track and Field
Spring Sports Camp April 2-6
Summer Camp June 18-August 10 (7 Weeks)



Aquatics



Sports



Fitness



Therapeutic
Recreation

Check out the Diehl for
aquatics, sports, fitness
and more.

Marion Diehl
Recreation Center

2219 Tyvola Rd,
Charlotte, NC

980-314-1300

www.parkandrec.com

mariondiehlrecreationcenter

@mecklenburgcountync.gov

FEBRUARY 2018						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29 Aqua Fitness 7:00-9:30am Open Swim 9:30-2pm TR Adult Cooking 10:00am-12:00pm Adult Stroke Clinic 1:00-2:00pm Special Needs/Lap Swim 2:00-4:00pm TR VIP Fun Club 1:00-3:30pm TR Paralympic Boccia 4:30pm-6:00pm Swim Team 4:30-5:45 Swim Team/Lap Swim 5:30-7:15 Adult Swim Lessons 7:15-8:20	30 Open Swim 7:00-9:00am Aqua Fitness 9:00am-11:00pm Yoga 10:00-10:45am Open Swim 11:00-1:00pm Swim Lessons 4:00-7:00pm Aqua Fitness 1:00-4:00pm TR Performing Arts South 4:30-6:00pm Swim Lessons 4:00-7:00pm Hydromania 7:00pm-8:00pm	31 Aqua Fitness 7:00-9:30am Open Swim 9:30-2pm Adult Stroke Clinic 1:00-2:00pm Special Needs/Lap Swim 2:00-4:00pm Swim Team 4:30-5:45 Swim Team/Lap Swim 5:30-7:15 TR Adult Game Night 5:00-7:00pm	1 Open Swim 7:00-9:00am Aqua Fitness 9:00am-11:00pm Open Swim 11:00-1:00pm Swim Lessons 4:00-7:00pm Aqua Fitness 1:00-4:00pm Small Group Exercise 6:15-7pm Hydromania 7:00pm-8:00pm Adult Pickleball 7:00pm-9:00pm	2 Aqua Fitness 7:00-9:30am Open Swim 9:30-2:00 Friday Funsters 10:00am-12:00pm TR Sports and More 10:00am-12:00pm Yoga 10:00-10:45am Special Needs/Lap Swim 2-4pm Swim Team 4:30-6:00 Open/Lap Swim 6:00-7:30	3 TR SO Zumba 8am-9am TR SO Basketball 9am-11:30am TR Dance Club 12:00-1:30pm Special Needs/Lap Swim 11-12pm Badminton 11:30-3:30 Open Swim 1:15-3:30pm	4 Open Swim 1-4:30pm Winner Stays 1-3pm Pickleball 3pm-5pm
5 Aqua Fitness 7:00-9:30am Open Swim 9:30-2pm TR Adult Cooking 9:00am-12:00pm Curious Kids 10-11:00am Adult Stroke Clinic 1:00-2:00pm Special Needs/Lap Swim 2:00-4:00pm TR Paralympic Boccia 5:00pm-6:00pm TR Challenger Basketball 5:00-7:00pm Swim Team 4:30-5:45 Swim Team/Lap Swim 5:30-7:15 Adult Swim Lessons 7:15-8:20 Adult Volleyball 6:00-8:00p S O Basketball 8:00pm-9:00pm	6 Open Swim 7:00-9:00am Aqua Fitness 9:00am-11:00pm TR Gift Gardner’s 9:00-12:00pm Yoga 10:00-10:45am Open Swim 11:00-1:00pm Swim Lessons 4:00-7:00pm Aqua Fitness 1:00-4:00pm MDRC Basketball 5:30-7:00pm Badminton 7:00-8:45pm Hydromania 7:00pm-8:00pm	7 Aqua Fitness 7:00-9:30am Open Swim 9:30-2pm TR Creative Arts 9am-1pm M M I Training 11:00-12:00pm DIABETES WORKSHOP 10am-12pm Adult Stroke Clinic 1:00-2:00pm Special Needs/Lap Swim 2:00-4:00pm Swim Team 4:30-5:45 Swim Team/Lap Swim 5:30-7:15 TR Adult Game Night 5:00-7:00pm Wheelchair Basketball 5:45-8:45pm	8 Open Swim 7:00-9:00am Aqua Fitness 9:00am-11:00pm Curious Kids 10-11:00am Open Swim 11:00-1:00pm Lil Nature Explorers 12pm-2pm Swim Lessons 4:00-7:00pm Aqua Fitness 1:00-4:00pm MDRC Basketball 5:30-7:00pm Small Group Exercise 6:15-7pm Hydromania 7:00pm-8:00pm Adult Pickleball 7:00pm-9:00pm	9 Aqua Fitness 7:00-9:30am Open Swim 9:30-2:00 TR Sports and More 10:00am-12:00pm Yoga 10:00-10:45am Parent’s Night Out 5-8:30pm Special Needs/Lap Swim 2-4pm Swim Team 4:30-6:00 Open/Lap Swim 6:00-7:30pm	10 Swim Lessons 8am-1:15pm TR Dance Club 12:00-1:30pm TR SO Zumba 8am-9am TR SO Basketball 9am-11:30am Special Needs/Lap Swim 11-12pm Open Swim 1:15-3:30pm Badminton 11:30-1:45pm TR Winter Bike Program 2pm-4pm	11 Open Swim 1-4:30pm Winner Stays 1-3pm Beginner Clinic Pickleball 3-5pm
12 Open Swim 8:00-5:00pm Special Needs/Lap Swim 2:00-4:00pm M M I Training 11:00-12:00pm Curious Kids 10-11:00am	13 Open Swim 7:00-9:00am Aqua Fitness 9:00am-11:00pm TR Gift Gardner’s 9:00-12:00pm Yoga 10:00-10:45am Open Swim 11:00-1:00pm Swim Lessons 4:00-7:00pm Aqua Fitness 1:00-4:00pm FAD Training 3pm-6pm Badminton 7:00-8:45pm Hydromania 7:00pm-8:00pm	14 Aqua Fitness 7:00-9:30am Open Swim 9:30-2pm TR Creative Arts 9am-1pm DIABETES WORKSHOP 10am-12pm Adult Stroke Clinic 1:00-2:00pm Special Needs/Lap Swim 2:00-4:00pm Swim Team 4:30-5:45 Swim Team/Lap Swim 5:30-7:15 TR Adult Game Night 5:30-7:30pm TR Wheelchair Basketball 5:45-8:45pm	15 Open Swim 7:00-9:00am Aqua Fitness 9:00am-11:00pm Chair Aerobics 10am-11am Open Swim 11:00-1:00pm Swim Lessons 4:00-7:00pm Aqua Fitness 1:00-4:00pm Small Group Exercise 6:15-7pm Hydromania 7:00pm-8:00pm Adult Pickleball 7:00pm-9:00pm	16 Aqua Fitness 7:00-9:30am Open Swim 9:30-2:00 Yoga 10:00-10:45am Special Needs/Lap Swim 2-4pm FAD Training 3pm-6pm Swim Team 4:30-6:00 Open/Lap Swim 6:00-7:30 2018 Showcase of Woodcarvers 12pm-4pm	17 Swim Lessons 8am-1:15pm Special Needs/Lap Swim 11-12pm Open Swim 1:15-3:30pm 2018 Showcase of Woodcarvers 6:30 am-4pm	18 Open Swim 1-4:30pm 2018 Showcase of Woodcarvers 8:00 am-5pm
19 Aqua Fitness 7:00-9:30am Open Swim 9:30-2pm TR Adult Cooking 10:00am-12:00pm Curious Kids 10-11:00am M M I Training 11:00-12:00pm Adult Stroke Clinic 1:00-2:00pm TR Paralympic Boccia 5:00pm-6:00pm Swim Team 4:30-5:45 Swim Team/Lap Swim 5:30-7:15 Adult Swim Lessons 7:15-8:20 Adult Volleyball 6:00-8:00p S O Basketball 8:00pm-9:00pm	20 Open Swim 7:00-9:00am Aqua Fitness 9:00am-11:00pm TR Gift Gardner’s 9:00-12:00pm Yoga 10:00-10:45am Open Swim 11:00-1:00pm FAD Training 3pm-6pm Swim Lessons 4:00-7:00pm Aqua Fitness 1:00-4:00pm Badminton 7:00-8:45pm Hydromania 7:00pm-8:00pm	21 Aqua Fitness 7:00-9:30am Open Swim 9:30-2pm TR Creative Arts 9am-1pm M M I Training 11:00-12:00pm Adult Stroke Clinic 1:00-2:00pm Special Needs/Lap Swim 2:00-4:00pm TR Adult Game Night 5:00-7:00pm TR Wheelchair Basketball 5:45-8:45pm	22 Open Swim 7:00-9:00am Aqua Fitness 9:00am-11:00pm Chair Aerobics 10am-11am Lil Nature Explorers 12pm-2pm Open Swim 11:00-1:00pm Swim Lessons 4:00-7:00pm Aqua Fitness 1:00-4:00pm Small Group Exercise 6:15-7pm Hydromania 7:00pm-8:00pm Adult Pickleball 7:00pm-9:00pm	23 Aqua Fitness 7:00-9:30am Open Swim 9:30-2:00 Yoga 10:00-10:45am Friday Funsters 10:00am-12:00pm Special Needs/Lap Swim 2-4pm FAD Training 3pm-6pm Swim Team 4:30-6:00 Open/Lap Swim 6:00-7:30	24 Swim Lessons 8am-3:30pm TR SO Zumba 8am-9am TR SO Basketball 9am-11:30am TR Dance Club 12:00-1:30pm Special Needs/Lap Swim 11-12pm Badminton 11:30-3:30 MDRC Swim Meet 4:30pm-7pm	25 Open Swim 1-4:30pm Winner Stays 1-3pm Pickleball 3-5pm
26 Aqua Fitness 7:00-9:30am Open Swim 9:30-2pm TR Adult Cooking 10:00am-12:00pm Curious Kids 10-11:00am M M I Training 11:15-12:00pm Adult Stroke Clinic 1:00-2:00pm TR Paralympic Boccia 5:00pm-6:00pm Swim Team 4:30-5:45 Swim Team/Lap Swim 5:30-7:15 Adult Swim Lessons 7:15-8:20 Adult Volleyball 6:00-8:00p S O Basketball 8:00pm-9:00pm	27 Open Swim 7:00-9:00am Aqua Fitness 9:00am-11:00pm TR Gift Gardner’s 9:00-12:00pm Yoga 10:00-10:45am Open Swim 11:00-1:00pm Swim Lessons 4:00-7:00pm Aqua Fitness 1:00-4:00pm Badminton 7:00-8:45pm Hydromania 7:00pm-8:00pm	28 Aqua Fitness 7:00-9:30am Open Swim 9:30-2pm Open Swim 7:00am-8:30pm Lil Nature Explorers 10:00am-11:00am M M I Training 11:00-12:00pm Special Needs/Lap Swim 2:00-4:00pm TR Adult Game Night 5:00-7:00pm TR Wheelchair Basketball 5:45-8:45pm	1 Open Swim 7:00am-9:00pm TR Schools Out Club Teens 8:30am-4:30pm Curious Kids 10-11:00am Bingo 11am-12:00pm Small Group Exercise 6:15-7pm Adult Pickleball 7:00pm-9:00pm	2 Aqua Fitness 7:00-9:30am Open Swim 9:30-2:00 Yoga 10:00-10:45am Special Needs/Lap Swim 2-4pm Swim Team 4:30-6:00 Open/Lap Swim 6:00-7:30	3 Swim Lessons 8am-3:30pm TR SO Zumba 8am-9am TR SO Basketball 9am-11:30am TR Dance Club 12:00-1:30pm Special Needs/Lap Swim 11-12pm Badminton 11:30-3:30 MDRC Swim Meet 4:30pm-7pm	4 Open Swim 1-4:30pm Winner Stays 1-3pm Pickleball 3-5pm

Registration #	Program	Day/Time
Adult/Senior Recreation Programs		
Drop in	Adult Volleyball	Mon 6:00-8:00pm
74177,78,79,93	Moderate Motivational Interval Training	Mon, Feb 12,26.19/11:15am
74193-5	Moderate Motivational Interval Training	Wed, Feb 14,21,28 6pm-7pm
Drop in	Yoga	Tue/Fri 10am
Drop in	Adult Badminton	Tue 7:00pm
74206-8	Chair Aerobics Jam	Thur Feb 15,22 10am-11am
70179-83	Small Group Exercise	Thur 6:15pm-7pm
Drop in	Pickleball	Thur 7:00-9:00pm
66810	Adult Badminton	Sat 11:30pm-3:30
Drop in	Winner Stays Basketball	Sun 1-3pm
Drop in	Pickleball	Sun 3pm-5pm
Youth Recreation Programs		
74209-210	Wacky Olympics	Mon 4pm-5pm, Feb 12,26
Full Week 73949 M 73934 T 73935 W 73936 Th 73937 F 73938	Spring Sports Camp	Registration Open April 2-6, 8:30-4:30pm
73230	Track and Field Ages 5-19	T or Th/Sat Meets 5:30-7pm
74197.8,9	Jumpin’ Jack and Jill’s	Wed 11am Feb 14,21,28
Wk 1 74382 Wk2 74383 Wk 3 74384 Wk 4 74385 Wk 5 74386 Wk 6 74387 Wk 7 74388	Summer Day Camp Registration	Registration Open Feb 8 at 9am
By Appt.	F.A.D (Fundamental, Athletic Dev)	Tue 3-6pm Fri 3pm-6pm
69552	Parents Night Out (PNO)	Fri 5pm-8pm Feb 9
Preschool Programs		
74171,74200,74201,74203	Curious Kids	Mon 10am Feb 5,12,19,26
74172,3	Lil Nature Explorers	Thur 12-2p Feb 8,22
74175	Preschool STEAM Scientist	Tue 12:30-1:30, Feb 20
69552	PNO	Fri 5pm-8pm Feb 9
73686,7	Friday Funster	Fri 10-12pm Feb 2,23
69551	Parents Night Out	Fri 5pm-8pm Feb 9